



World Menopause Day 2021 – food, mood and those menopause blues

World Menopause Day took place on on 18 October. To mark the day, the British Association for Nutrition and Lifestyle Medicine (BANT) shared advice on Beating the Menopause Blues from nutritional therapist Jackie Lynch who is a CNHC Registrant, BANT Fellow and celebrated author.

[Find out more](#)



The Complementary Therapy Awards 2022

The Complementary Therapy Awards 2022 are open for entry to professionals working in complementary therapy in the UK. The closing date is **15 November 2021**.

The Complementary Therapy Awards aim to recognise and reward best practice and show how complementary therapy can work effectively alongside mainstream health and social care to benefit individuals, carers and their families.

After a challenging eighteen months, this is the moment to recognise and celebrate your achievements and CNHC encourages Registrants to enter.

[Find out more](#)



CNHC exhibiting at the 13th European Congress for Integrative Medicine (ECIM)

CNHC is a Supporter of ECIM and we are pleased to be exhibiting at this online event from **4-7 November 2021**. If you are attending, do take a look at our virtual exhibition booth. There will be an opportunity to book one to one Zoom meetings with us and find out more about what we do.

CNHC Registrants are being offered a 25% discount on booking their place. You can find the discount code by logging into [MyCNHC](#) or you can contact us at info@cnhc.org.uk and we can email it to you. Registrations closes on **3 November**.

[Visit the ECIM website](#)



Vacancy for a CNHC Registrant: Therapies Manager at St Joseph's Hospice

St Joseph's Hospice provide high quality specialist palliative care for patients with cancer and other life-threatening conditions across East and North London.

The postholder will provide operational management to three service teams; the multidisciplinary Therapies service at the hospice (which includes Physiotherapy, Occupational Therapy Dietetics and SLT), the Complementary Therapies service and the specialist Namaste Care dementia service.

The closing date is 31 October 2021.

[Find out more](#)



Volunteering opportunities for CNHC Registrants

Volunteer massage therapists and reflexologists at The Olive Tree Cancer Support Centre

The Olive Tree Cancer Support Centre, based in Crawley and Horsham, West Sussex, is a charity offering support to everyone affected by cancer. They are in need of volunteer massage therapists and reflexologists.

[Find out more](#)

Contact CNHC

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